TRADE MARK
(Registered)

The "Winged Lion"

Receipt Book

OR

How to cure all common complaints with Simple Herbal Remedies

When purchasing Herbs in Packets, see that the trade mark as above is on the packet. These packets are guaranteed to be the best quality and absolutely true to name.

The "Winged Lion"

Medical Receipt Book

ACIDITY OF THE STOMACH.

Bitters, when taken half an hour before meals, are good for Acidity. Make a drink of one packet each of Centaury and Dandelion Root to one pint of water, and take a wineglassful three times a day.

ANÆMIA.

The "Winged Lion" Consumption Herbs will be found very useful. Take also Slippery Elm Food, prepared by Dr. Thompson's Pure Food Co.

A good medicine to take would be one packet each of Bogbean, Comfrey Leaves and Marshmallow. Pour on two pints of boiling water, when cool, strain the mixture and take a wineglassful frequently.

ASTHMA.

Take one packet each of Horehound, Vervain, Hyssop and Liquorice Root. Boil in three pints of water for half an hour, strain and add when cold two ounces of vinegar, half a pound of honey and half an ounce of Tincture of Lobelia.

DOSE. A wineglassful frequently.

Potter's Asthma Cure should be taken to relieve the spasmodic cough of Asthma.

ALTERATIVE.

A good Alterative Blood Medicine may be obtained as follows: Take one packet each of Yellow Dock Root, Burdock Root and Figwort Herb, boil in three pints of water for two hours, strain and add a quarter of a pound of sugar.

DOSE. One wineglassful three or four times a day.

APERIENT.

The following makes a good general Aperient, Senna Leaves, one packet; Liquorice Root, one packet; Aniseed, one dram; Mandrake Root, one dram. Boil in three pints of water for twenty minutes, strain and add half a pound of sugar,

DOSE. Two or three teaspoonfuls three times a day.

BLACK EYE.

4½d. Curo Herbs quickly remove the inflammation and discolouration.

BLEEDING—INTERNAL.

One packet each of Cranesbill Herb, Golden Rod and Nettles. Pour on two pints of boiling water, strain and take a wineglassful frequently.

BOTANIC BEER.

The following recipe for Botanic Beer will be found valuable. Take one packet each of Meadowsweet, Betony, Agrimony and Raspberry Leaves. Boil in two gallons of water for fifteen minutes, strain and add two pounds of white sugar. When nearly cool, bottle. This needs no barm or yeast.

BLOOD PURIFIER.

Recipe for Blood Purifier: One packet each of Figwort, Burdock Root, Yellow Dock Root and Sassafras Bark. Boil in one quart of water for twenty minutes. Strain when cool.

DOSE. A tablespoonful three times a day.

See that this Trade **Mark is on each packet**

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CATARRH.

Take one packet each of Yarrow, Vervain, Boneset, Horehound and Red Sage. Boil in three pints of water, cool, strain and take a wineglassful three times a day.

CHAPPED HANDS.

Dust the hands with fine Slippery Elm Powder, especially after washing.

COLDS, INFLUENZA, &c.

Take one packet each of Yarrow and Boneset. Pour on them one pint of boiling water. Strain, sweeten to taste and drink while warm. This will cause rapid perspiration if the patient is well wrapped up.

CONSTIPATION

Will be easily cured by the use of the "Winged Lion" Constipation Herbs in 4½d. and 9d. packets.

CONVULSIONS.

Make a medicine composed of two packets of Rue, two packets of Scullcap and one packet of Valerian Root. Boil for twenty minutes in one pint of water, strain and dissolve a quarter of a pound of loaf sugar in the mixture.

DOSE. For Infants, half a teaspoonful; for Children, one teaspoonful every two or three minutes while the fit lasts.

CORDIAL—INFANTS'.

One packet each of Peppermint and Raspberry Leaves. Pour on one pint of boiling water. Strain and add half a pound of sugar.

DOSE. A teaspoonful frequently.

CROUP.

Take two packets of Lobelia Herb and one packet of Pennyroyal and pour on the contents one pint of boiling water. Strain when cold, add half a pound of honey or treacle and one gill of best malt vinegar.

DOSE. One dessertspoonful; for young children give a teaspoonful.

COUGH SYRUP.

To make a good general Cough Syrup, boil one ounce each of Mousear, Liquorice Root and Marshmallow Leaves in two pints of water. Strain and add one pound of treacle or sugar.

CONSUMPTION.

One packet each of Comfrey Leaves, Mullein, Hyssop and Liquorice Root. Boil in three pints of water for twenty minutes. Strain and add one pound of best sugar.

DOSE. A wineglassful four times a day.

CONSUMPTION, &c.

Take one packet each of Sanicle, Yarrow, Horehound, Lobelia Herb and Liquorice Root. Boil in two quarts of water for fifteen minutes. Strain and add one pound of sugar and half a pint of whisky.

DOSE. A wineglassful four times a day.

The "Winged Lion" Consumption Herbs in ninepenny packets have a splendid effect.

COUGHS.

Pour a quart of boiling water on one packet each of Hyssop and Horehound. Strain and add two tablespoonfuls of honey.

DOSE. A wineglassful frequently.

"POTTER'S CYCLOPÆDIA OF BOTANIC DRUGS AND PREPARATIONS"
gives full details of all Herbs and all their uses. Price 5/-

COUGHS.

A useful Cough Mixture is made as follows: Take one packet each of Ground Ivy, Liquorice Root and Mouse-ear. Boil in three pints of water for twenty minutes, strain and add one pound of sugar.

DOSE. A wineglassful.

COUGH MIXTURE.

For a Cough Mixture take one packet each of Liquorice Root, Horehound and Elecampane. Boil in three pints of water for twenty minutes. Strain and add when cold two drams each of Tincture of Lobelia and Tincture of Cayenne.

DOSE. A wineglassful frequently

COLIC—INFANTS.

Pour a pint of boiling water on the contents of one packet of Spearmint, strain when cold, sweeten to taste and add a teaspoonful of Essence of Aniseed.

DOSE. A teaspoonful frequently.

CONFINEMENTS.

During confinements, Raspberry Leaf Tea drunk freely will be of great assistance, especially if two teaspoonfuls of the best Composition Essence and half a teaspoonful of Scullcap Powder be added to each pint.

DEBILITY.

Take tonics like Peruvian Bark, Centaury, Gentian and Balmony, a quarter of an ounce of each in powder form, mix and pour on a pint of boiling water. Strain when cool and take a wineglassful three or four times a day, before food.

EYES.

Eyebright makes a good wash. Eyebright Water is also excellent.

ECZEMA.

Take one packet each of Burdock Root, Sarsaparilla Root and Yellow Dock Root and boil in one quart of water for twenty minutes. Strain when cool and take a wineglassful three or four times a day.

FEMALE COMPLAINTS.

Recipe for Female Herbs. Take one packet each of Mugwort, Southernwood and Pennyroyal. Pour a quart of boiling water on the contents. Strain and take half a teacupful, warm, frequently.

FEVERS.

One packet each of Yarrow, Boneset and Scabious. Pour on two pints of boiling water. Drink freely while hot, to produce perspiration. Patient should keep in bed till temperature is normal.

FOMENTATION.

The following recipe forms a good general fomentation: Take two packets of Wormwood, two packets of Southernwood and one packet of Marshmallow Herb. Add two quarts of water and boil down to one quart. Apply hot with flannels dipped in the decoction.

GARGLE FOR THE THROAT.

One packet each of Cudweed and Oak Bark. Boil in two pints of water for twenty minutes. When cool use freely.

GRAVEL, STONE, &c.

In Gravel, Stone or Stricture take one packet each of Wild Carrot Herb and Pellitory. Boil in two pints of water for twenty minutes, strain and take half a teacupful frequently.

HAIRWASH.

Take Rosemary and Southernwood, one packet of each; Camphor and Borax, half an ounce of each. Pour on two pints of boiling water, strain when cool and apply with a sponge to the roots of the hair.

HEARTBURN.

Take the remedy advised for Indigestion.

HEART DISEASE.

The following will be found useful in cases of Heart Weakness or Disease. Take Motherwort one packet, Lily of the Valley Leaves one ounce. Pour on them two pints of boiling water, strain when cold and drink half a teacupful frequently.

HEADACHE—NERVOUS.

Take one packet each of Scullcap and Camomile Flowers. Pour on two pints of water and strain.

DOSE. One teacupful.

HEADACHE—SICK.

Take a dose or two of the Constipation Herbs. Follow up with the Herbs recommended under the heading "Tonic."

HOP BITTERS.

To make Hop Bitters, take one ounce of Holy Thistle, half an ounce of Hops, one ounce of Angelica Herb. Pour three pints of boiling water on them, strain when cold and drink a wineglassful four times a day.

HOP BEER.

To make a good Hop Beer put two packets of Hops in two quarts of water, boil for fifteen minutes, strain and dissolve one pound of sugar in the liquor; add four quarts of cold water and two tablespoonfuls of fresh barm. Let it stand for twelve hours in a warm place, then bottle for use.

HERB BEER.

Recipe for Herb Beer. Dandelion Herb, Agrimony, Meadowsweet, two packets of each Boil in two gallons of water for twenty minutes, strain and add two pounds of sugar and half a pint of barm or yeast. Let it stand in a warm place for twelve hours, then bottle.

INDIGESTION.

Take one packet each of Calumba Root, Centaury, Dandelion Root and Poplar Bark. Boil in three pints of water for twenty minutes. Cool, strain and take a wineglassful three times a day.

(See also under Tonic)

INFLAMMATION.

For Inflammation of the Bladder, &c., take one packet each of Buchu, Uva Ursi and Yarrow. Pour on two quarts of boiling water. Strain and take a cupful three times a day.

JAUNDICE.

Take one packet each of Barberry Bark, Centaury and Agrimony. Boil for twenty minutes in one and a half pints of water. Strain when cold.

DOSE. A wineglassful four times a day.

LOTION.

Red Dock Root makes a good cleansing lotion for all diseased surfaces.

LUMBAGO.

Pour one quart of boiling water on one packet each of Parsley Piert, Uva Ursi and Broom. Strain when cool and take a wineglassful three times a day.

KIDNEY DISEASE.

Take one packet each of Uva Ursi, Pellitory Herb, Wild Carrot and Marshmallow Leaves. Pour on them one quart of boiling water. Strain when cold and sweeten if desired.

DOSE. A wineglassful three or four times a day.

THE BEST HERBAL—"POTTER'S CLYCLOPÆDIA" Price 5/-
Contains all the best recipes. Full of useful information.

LIVER & KIDNEY MIXTURE.

A capital Liver and Kidney Mixture may be obtained by taking one packet each of Dandelion Root, Centaury and Uva Ursi. Boil in three pints of water for half an hour. Strain and take a wineglassful frequently.

MENSTRUATION.

Recipe for suppressed Menstruation: Take one packet each of Rue, Pennyroyal, Southernwood, and Mugwort. Boil for fifteen minutes in three pints of water, strain and take a teacupful frequently.

MEASLES.

In Measles and Children's Fevers the following will be found useful One packet each of Red Sage and Hyssop and half an ounce of Marigold Flowers. Pour on a quart of boiling water, strain when cold

DOSE. A wineglassful frequently.

NERVES.

An excellent Nerve mixture may be made as follows: Take a packet each of Scullcap, Motherwort and Gentian Root. Boil for ten minutes in two pints of water, strain when cold and take a wineglassful four times a day. This may be sweetened to taste.

NEURALGIA.

Pour two pints of boiling water on two packets of Scullcap, one packet of Valerian and one packet of Wood Betony. Strain and press out the liquid. Take a tablespoonful three or four times a day.

PALPITATION OF THE HEART.

Boil the contents of two packets of Scullcap, one packet of Valerian and one packet of Tansy in two pints of water for twenty minutes. Strain and when cool take a wineglassful three times a day.

POULTICE.

A good Poultice may be had by scalding one packet of Marshmallow Leaves and one packet of Ragwort and applying to the part affected. This will be especially useful where there is any tendency to mortification. Apply as hot as possible.

PLEURISY.

For Pleurisy, Rheumatism, &c., take one ounce each of Angelica Herb, Sassafras Bark and Germander. Boil for ten minutes in one quart of water, strain and when cold add one ounce of Fluid Extract of Pleurisy Root.

DOSE. A wineglassful three or four times a day.

PILES.

For Piles the following is a splendid remedy. Take Pilewort and Cascara Sagrada Bark one packet of each. Boil for twenty minutes in two pints of water, strain when cold and take a wineglassful three times a day. The parts should have a dressing of Witch Hazel Ointment.

In obstinate cases Dr. Frye's Pile Cure (2/9) is strongly recommended.

POULTICE—SLIPPERY ELM.

Take a teaspoonful of coarsely powdered Slippery Elm Bark and as much Lobelia Seed Powder as will cover a sixpence, cover with boiling water and apply as hot as possible to the abcess or boil. For bad legs omit the Lobelia.

RHEUMATISM.

For Rheumatism and Gout, take one packet each of Blue Flag Root, Buckbean and Sassafras Bark. Boil in three quarts of water for one hour, strain and add half a pound of loaf sugar

DOSE. A wineglassful four times a day.

RHEUMATISM.

Pour two pints of boiling water on the contents of one packet each of Wood Sage, Bogbean, Germander and Sassafras Bark. Stand in a warm place for one hour, cool and strain.

DOSE. A wineglassful four times a day.

ST. VITUS'S DANCE.

Take one packet each of Scullcap, Valerian Root and Vervain. Boil in one quart of water for twenty minutes. Strain and take a wineglassful three times a day.

SLEEPLESSNESS.

Take one packet each of Hops and Scullcap. Pour on one pint of boiling water.

DOSE. A wineglassful frequently.

SPITTING BLOOD.

A valuable medicine for Spitting of Blood, Haemorrhages, etc., can be made by pouring two pints of boiling water on one packet each of Nettles, Cranesbill Herb and Comfrey Root powdered. Strain when cold and sweeten to taste.

DOSE. A wineglassful frequently.

STONE.

An excellent remedy for Stone, Gravel or Obstruction of Urine may be prepared by putting one packet each of Parsley Piert, Broom, Clivers and Yarrow in two quarts of water and boiling for fifteen minutes. Strain when cold and drink a teacupful frequently.

SORE THROAT.

For a Gargle for Sore Throat take one packet of Red Sage and pour on it one pint of boiling water; when cool add one pint of vinegar and one ounce of best honey. In Measles and Children's Fevers the following will be found useful. One ounce each of Red Sage and Hyssop and half an ounce of Marigold Flowers. Pour on a quart of boiling water, strain when cold.

DOSE. A wineglassful frequently.

SWELLINGS AND SPRAINS.

Foment with one packet of Marshmallows to which has been added twelve Chillies, to each pint of boiling water. Use as hot as can be borne.

TEETH.

A good powder may be had by mixing equal parts of powdered Bistort Root, Orris Root, Prepared Chalk, Cuttlefish Bone and Bayberry. Flavour to taste.

TONIC.

As a Tonic in weak condition of digestive organs take one packet each of Camomile Herb, Gentian Root, Calumba Root and half an ounce of Peruvian Bark. Pour three pints of boiling water on and let it stand for two hours in a covered vessel. Strain.

DOSE. A wineglassful four times a day.

ULCERATED MOUTH.

One packet each of Cudweed and Raspberry Leaves. Pour on one pint of boiling water. Use freely.

URINARY TROUBLES.

For retention of Urine, take one packet each of Broom, Pellitory Herb and Wild Carrot. Pour a quart of boiling water on the contents, strain when cool and drink half a teacupful frequently.

URINARY TONIC.

As a Urinary and general Tonic take Uva Ursi one packet, Poplar Bark one packet, Marshmallow Root half an ounce. Pour on them two pints of boiling water. Strain when cool and take a wineglassful frequently.

WORMS.

Take one packet each of Tansy, Feverfew and Wormwood. Pour a quart of boiling water on the contents. Strain when cold. Half of this should be taken at night and the remainder in the morning on an empty stomach.

SLACK'S HERBAL 1/3, ILLUSTRATED
Gives particulars of treatment of disease by herbal remedies

The Real Dandelion Coffee

FOR many years numerous mixtures of Chicory, Date Stones, Acorns and other rubbish have been foisted on to the public under the name of Dandelion Coffee. Such mixtures have no right to the term "Dandelion Coffee," seeing that in many cases there is neither Dandelion nor Coffee in their component parts and their sale has caused the real and genuine article to come under a cloud. The counterfeit has passed for the true, proved useless as a digestive beverage as well as nauseous to the taste, and in consequence the people have become disgusted with every preparation sold under this name. This is a tremendous pity, because genuine Dandelion Coffee is undoubtedly one of the finest dietetic drinks for dyspeptics and the most healthful substitute for Tea and Coffee. Properly prepared, it makes a most palatable beverage, and may be taken for breakfast, tea or supper.

DR. THOMPSON'S DANDELION COFFEE is guaranteed absolutely pure. It contains neither Chicory nor ordinary Coffee, but is made by a special process from pure English Dandelion Root only.

DR. THOMPSON'S DANDELION COFFEE is a natural beverage without any injurious effects. Both Tea and Coffee are known to exert a deleterious influence on the Nerves and Digestive Organs. This Dandelion Coffee, however, exercises a stimulating influence over the whole system, helping the Liver and Kidneys to do their work, and keeping the Bowels in a healthy condition. Its advantages to Dyspeptics and to all suffering from weakness of Digestive Organs, Rheumatism and Gout are unequalled.

ASK FOR

Dr. Thompson's Dandelion Coffee

AND SEE THAT YOU GET IT

1/-, 1/9 and 3/-

PER TIN

SEE THAT THIS TRADE MARK IS ON EACH TIN

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